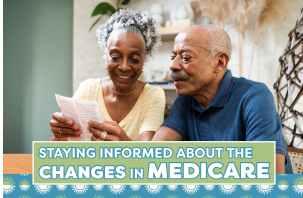


THE GABLES OF TALLAHASSEE

COMMUNITY EVENTS



Staying Informed About The Changes In Medicare OCT. 30, 2024 11:00 AM | OCT. 30, 2024 3:00 PM

Knowledge is power and you'll feel empowered as you learn all about Medicare options and changes coming in 2025 at The Gables. Bring your questions, a notebook, and a pen so that you can take what you learn with you. We are thrilled to welcome an expert on all things Medicare, Shelia Hill. She'll guide you through common questions as well as things you never even thought to ask. RSVP to save your seat at this informative and educational seminar.



Gift of The Gables Holiday Open House DEC. 19, 2024 2:00 - 4:00 PM

Join your friends at The Gables for some holiday cheer! Deck the doors with our holiday wreath-making workshop, play holiday bingo for a chance to win prizes, and enjoy hot cocoa and apple cider!



Dementia Education Programs JAN. 07, 2025 3:00 - 4:00 PM

Learning more about dementia is one way family caregivers and spouses can feel empowered as they advocate for their loved ones. Friends and neighbors also benefit from education about best practices for connecting with someone living with dementia. Join us to gain tips for having these honest and caring conversations.



Savor & Share: Create a Classic Charcuterie FEB. 18, 2025 2:00 - 4:00 PM

A beautiful charcuterie board is perfect for any party, gathering, or meal. The secret to success? It's not as hard as it looks! Join us at The Gables of Tallahassee to learn how to create a stunning charcuterie board with a few seasonal ingredients and pantry staples. Leave with your creation! RSVP to save a seat at this demonstration, as well as your ingredients.



Dementia Education Programs - Ten Warning Signs of Alzheimer's Disease

MAR. 04, 2025 3:00 - 4:00 PM

Learning more about dementia is one way family caregivers and spouses can feel empowered as they advocate for their loved ones. Friends and neighbors also benefit from education about best practices for connecting with someone living with dementia. Join us to gain tips for having these honest and caring conversations.



Gardening to Grow

APR. 30, 2025 2:00 - 4:00 PM

When you're in the garden, hands in the soil, you're doing more than nurturing your plants. You're also nurturing your health! Whether you're a beginner or have a green thumb, join us at The Gables of Tallahassee Assisted Living and Memory Care as we talk about the health benefits of gardening. We'll also cover ways to start gardening, whether it's in the backyard or in a small pot in the kitchen window. It all makes a positive difference! Grow with us!



Dementia Education Programs

MAY. 08, 2025 3:00 - 4:00 PM

Learning more about dementia is one way family caregivers and spouses can feel empowered as they advocate for their loved ones. Friends and neighbors also benefit from education about best practices for connecting with someone living with dementia. Join us to gain tips for having these honest and caring conversations.



Backyard BBQ

MAY. 16, 2025 12:00 - 2:00 PM

We're firing up the grill at The Gables of Tallahassee! Enjoy barbecue favorites and fun with new friends.



What's The Scoop? OPEN HOUSE

JUN. 21, 2025 12:00 - 2:00 PM

Join us for a sweet Saturday open house at The Gables! Drop in for a relaxed afternoon of tours, treats and community connection. Stroll through our beautiful residence, meet our friendly team and get the inside scoop on what makes life at The Gables so special. Before you head out, enjoy a nostalgic treat from Lofty Pursuits ice cream truck – our way of saying thanks for stopping by!



Culinary Creations — A Hands-On Experience with Chef

AUG. 06, 2025 2:00 PM

Join us for an exciting cooking adventure! Whether you're a beginner or pro, Chef Jim will demonstrate the art of food presentation and share creative tips to jazz up your meals at home. Sharpen your skills and enjoy a fun, hands-on experience!

Featuring: The Art of Food Presentation



Don't Be A Target: Identifying & Avoiding Senior Scams

AUG. 21, 2025 11:00 AM - 12:00 PM

Fraudsters and scammers tend to target older adults, and authorities report that seniors lose billions of dollars annually to targeted scams. Instead of feeling fearful or worried, learn the skills you need to avoid being a victim. Join us as we learn from the experts in our area. We'll cover topics ranging from how to spot a scam to what to do if you're feeling unsure about an email or social media request.



Life's a Journey — Let's Celebrate It! Join us for a fun week of events and activities during National Assisted Living Week: September 7th -13th SEP. 07, 2025

Come to one or all and we invite you to bring a friend or family member!

Monday | 2-4pm

JET SET & JAM:

Kickoff Performance and Adventure Party

Tuesday | 3-5pm

TIME TRAVEL:

1950s Decade Dress-up, Throwback Trivia and Tunes

Wednesday | 2-4pm

AROUND THE WORLD:

Guess Each Destination on a Sensory Trip

Thursday | 11am-noon

TRAVEL THE GLOBE:

International Tasting Tour and Cultural Celebration

Friday | noon-2pm

FIRST-CLASS FINALE:

Up, Up and Away Hot Air

Balloon Themed Sendoff and Food Trucks



Unlocking New VA Benefits: Updates for Veterans & Spouses

NOV. 06, 2025 11:00 AM

If you or your spouse is a Veteran, you might be eligible for benefits that can offset the costs of senior living or other support. Join us as we learn from a VA benefits expert and discuss what benefits you might qualify for. Bring along your spouse, family members, and neighbors - any Veteran or loved one can benefit from this discussion!

GUEST SPEAKER:

Vic Penn

Partner / Consultant at Senior Living Solutions, LLC